1906

COOK WITH GAS

BEST RESULTS
LEAST EXPENSE

It will aid you to keep servants

BIRMINGHAM RAILWAY, LIGHT & POWER CO.

COOK BOOK

Issued Under
Auspices and with Compliments
of Ladies Home Mission Society
of the

Eleventh Avenue M. E. Church, South,
BIRMINGHAM, ALABAMA

LIGHT WITH ELECTRICITY

MORE LIGHT
LESS COST

Phone 18, Sales Department, for information

BIRMINGHAM RAILWAY, LIGHT & POWER CO.

4% 4%

American Trust & Savings Bank

Corner First Avenue and Twentieth St.
Birmingham, Ala.

CAPITAL $200,000.00
UNDIVIDED PROFITS . $25,000.00

THE STORY OF OUR GROWTH

AS SHOWN BY OUR DEPOSITS

April 1st, 1903	(OPENING DAY)	$89,454.32
April 1st, 1904		$547,379.38
January 11, 1905		$1,895,820.67
August 25, 1905		$2,574,980.32
November 9, 1905		$2,900,243.86
Jan. 25, '06		**$3,004,165.85**

THE spirit of saving is abroad in the community these days. Suppose you make a beginning to-day. You can open an account with a dollar, or any larger amount.

We pay 4 per cent. per Annum, Compounded Twice a Year.

W. W. CRAWFORD, President
W. A. PORTER, Vice-President
H. L. BADHAM, Vice-President
H. B. URQUHART, Cashier
C. M. WILLIAMSON, Asst. Cashier
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4% 4%

STARR PIANOS

THE STARR'S position in the piano world is a dual one---combining as it does the highest artistic merit with an unprecedented economical price.

OUR TERMS: YOUR CONVENIENCE.

JESSE FRENCH PIANO & ORGAN COMPANY.

J. H. HOLCOMBE, Manager.

2018 Second Avenue. - - BIRMINGHAM, ALA.

In offering this book to the public, we beg to say, we do not claim that it is a cook book—there are too many points upon which we could not even touch. We offer you a collection of recipes, which the ladies of our Church and neighborhood have tried, and made into palatable dishes, so we feel that we can safely say, they are good. We wish to thank all of those who have in any way contributed to the success of the book.

We especially commend to your notice the advertisements and bespeak for your courteous treatment should you have occasion to deal with any firm or person advertising in this book. If you have been influenced through this book to seek them, will you kindly tell them so, and thus earn the gratitude of the

Committee.

B. F. BARBOUR. B. C. RICKMAN.

Ben F. Barbour

Plumbing & Electric Co.

PLUMBING STEAM HEATING HOT AIR HEATING
ELECTRIC WIRING ELECTRIC SUPPLIES CHANDELIERS

VISIT OUR SHOW ROOM

2119 3rd Avenue. - - - - Phones No. 10

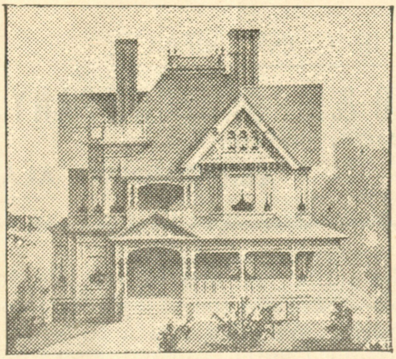
THE STANDARD TRUST COMPANY

(INCORPORATED)

Authorized Capital $500,000.00.

Principal Office South:
621,622 First National Bank Building,
BIRMINGHAM, ALABAMA.

Eastern Office:
WILMINGTON, DELAWARE.



BRANCH OFFICES:

CHARLESTON, S. C., Reed Street.
DALLAS, TEX., 401 Main St.
MOBILE, ALA., 104 Leinkauf Bank Bldg.
SUMTER, S. C., 21 South Main St.
RICHMOND, VA., 710-711 Am. Nat'l Bank Bldg.
LITTLE ROCK, ARK., 2 Exchange Bank Bldg.
MUSKOGEE, I. T., 111-112 Homestead Bldg.
DENVER, COL.
HOUSTON, TEX.
MERIDIAN, MISS., Miazza & Woods Bldg.

Are You Paying Rent?

If so, WHY?

Do you know that you are not alone? That the majority of people are paying rent? Do you know that

THE STANDARD TRUST COMPANY,
OF BIRMINGHAM, ALA.,

will issue you an "Investment Home Purchasing Contract" under which you can own the house in which you live—or another just as good—for exactly the same price, or less than you are now paying for rent? Why don't you become your own landlord? Why will you continue to be a rent payer? By the way, what will you take for last year's bunch of rent receipts? Two years from now we will ask you the same question, and if you will take an "Investment Home Purchasing Contract" with us, you will not give the same answer that you do today. We will buy you a lot and build you a house, or we will purchase you a home outright anywhere in the United States. These contracts cost you only $6.00 per month on each $1,000.00 applied for. When a loan is made or a home is purchased you are required to return the principal at the rate of $7.50 per month on each $1,000.00 borrowed, plus 5% simple interest. You can pay faster if you desire, repaying the whole or any part of the loan at your pleasure, thereby stopping further interest. Write for our plan or call on

THE STANDARD TRUST COMPANY,
621-622 First Nat'l Bank Bldg.,
BIRMINGHAM, - ALABAMA.

SECURITY MUTUAL LIFE INSURANCE COMPANY

Pure Life Policy one-third Cheaper than ordinary Life.

Extra Dividends to Total Abstainers.

T. R. McCARTY, State Agent,
2107 First Avenue.

WEIGHTS AND MEASURES.

4 tablespoonfuls	1 wineglass
2 wineglasses	1 gill
2 gills	1 teacupful
2 teacupsful	1 pint
4 teaspoons of salt	1 ounce
1 pint loaf sugar	10 ounces
1 " brown "	12 "
1 " granulated sugar	16 ounces or 1 lb.
1 " wheat flour	9 ounces
1 " corn meal	11 "
10 ordinary sized eggs	16 ounces or 1 lb.
A piece of butter size of egg	1½ ounces

Excelsior Steam Laundry Co.

1805-1807 2nd Ave.

We are fitting up the most modern Laundry in the South, putting in everything new, and doubling our capacity.

TRY US.

GEO. A. BLINN, Jr. **J. W. DONNELLY.**

USE

Roller Champion Flour

The Flour the Best Cooks Use

Purest
Whitest
& Best

BARBER'S SODA FOUNTAIN

On the Popular Corner.

HOT OYSTER STEW
BOUILLONS
COFFEE
CHOCOLATE

TO DRINK ONCE IS TO ALWAYS RETURN

Barber's Drug and Seed Store,

S. W. Cor. 3rd Ave. and 20th St.

MEATS.

There are three objects to be kept in view in the preparation and serving of meats; first we should preserve the nutritive qualities. To do this, subject the meat to sufficient heat at first to sear it all over, and thus retain the juice. The second object is to make the meat as digestible as possible. To do this: Decrease the heat somewhat after the meat has become seared, and cook slowly, but evenly, thus insuring tenderness; too much heat renders the meat hard. The third object is to make meat palatable to the taste and attractive to the eye. So season well, and serve daintily. A garnish always improves the appearance of a dish of meat, and is not difficult to secure. Parsley, the green tops of celery, or cress, all make a nice garnish. Always use nice fresh, sweet lard, for frying, in preference to butter; the butter scorches too easily. To carve: Have a *sharp* knife, and always cut across the grain of the meat if possible. Serve in thin slices, not hunks. Fresh meat should never be cooked till it has hung at least twenty-four hours.

A handful of salt sprinkled over live coals, will prevent burning when broiling anything.

MONEY

is good only for what you can get with it. If your money will bring pleasure, enjoyment, happiness and satisfaction to your family, then you are satisfied, are you not? That is just precisely what it will bring to them if you will invest in a **FORBES PIANO OR ORGAN.** You do not have to invest much either to get such big returns. An education to your children is the investment you can make. No one's education is complete without music. You can buy from us on easy payments, and have the instrument in your home while you are paying for it. We sell **TALKING MACHINES, TYPEWRITERS** and the largest line of **PIANOS** of anybody in the South. Send us your address or call upon us and we will tell you all about it.

E. E. Forbes Piano Co.

WHY

USE STAINED LINEN WHEN YOU CAN HAVE IT

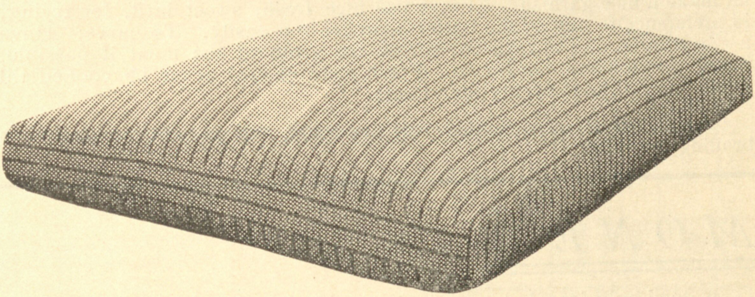
Spotless and White

BY CALLING

DOMESTIC LAUNDRY

PHONES 1506.

Faultless Mattress



America's Best Bed.

Guarantee on Every Faultless Mattress. Sleep on it One Hundred nights and if not satisfactory, return it and get your money back. **FAULTLESS MATTRESS COMPANY.**

Our Guarantee means that you can use the Faultless One Hundred (100) Nights and if not entirely satisfactory your money will be refunded. Just like having three months to make up your mind as to the best bed. We know it is the Faultless; that's why we make the offer. Read what the Presiding Elder of the Florence District says about it:

"It gives me pleasure to say that the Faultless Mattress *is truly Faultless; America's Best Bed*. Each week I have an opportunity to sample a new bed and I find none superior to the Faultless." W. E. FOUST, P. E. Florence District.

We have numerous other testimonials on file at our office. You can get the Faultless from any reputable furniture dealer. BEWARE OF IMITATIONS.

FAULTLESS MATTRESS CO.,
BIRMINGHAM, ALA.

Bell Phone 1141 Peoples Phone 1241

WELLER & COMPANY

Iron and Steel Scrap

RELAY RAILS AND PIPE,
COPPER, BRASS,
ZINC AND LEAD.

2424-2431 Morris Avenue, Birmingham, Ala.

White Potato Soup.

One quart of milk and four or five potatoes. Boil potatoes till done. Put milk on to boil. Mash potatoes smooth and add boiling milk, butter, salt and celery salt to taste. Rub this through strainer and serve at once. Whipped cream adds very much.—Mrs. Chas. Perry.

Cream of Celery Soup.

1 stalk of celery chopped in inch strips, 1 pt of cold water, bring to boiling point and cook slowly half an hour, drain through colander when well done and press the celery through as much as possible. To this add 1 pt. of hot milk, rub together 1 tablespoonful of butter and 2 of flour and stir slowly into soup until very smooth, season with celery salt and pepper. Serve hot. Corn or asparagus can be used in same way.

FRESH EGGS

FURNISH your cook with good ingredients and expect her to have something good to eat.

The hardest one of these to find is a good egg.

Tell your grocer to send you a dozen of R. & R. Perfecto brand and just try them once.

They come fresh from Tennessee daily, and there's not one bad egg in every hundred dozen.

Both Phones 685 FRANKLIN, STILES & FRANKLIN, Sole Agents

OUR DELIVERY WAGONS PASS YOUR DOOR TWICE DAILY

OUR DELIVERY WAGONS PASS YOUR DOOR TWICE DAILY

OUR DELIVERY WAGONS PASS YOUR DOOR TWICE DAILY

Clarke Bros. ✿ Grocers

Our entire stock is made up of very carefully selected goods of the finest quality obtainable.

We handle only

HIGH CLASS GROCERIES

which are Pure and Wholesome and A-1 in every respect. Your patronage respectfully solicited.

CLARKE BROTHERS

Both Phones 159

309-311 N. TWENTIETH ST., BIRMINGHAM, ALA.

OUR DELIVERY WAGONS PASS YOUR DOOR TWICE DAILY

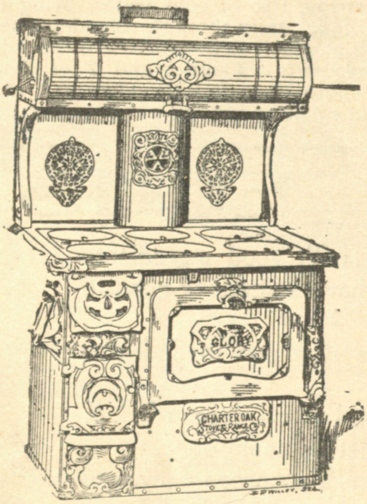
DRENNEN & CO.

Great Department Stores

You can't match the prices outside of Drennen's

Charter Oak Steel Lined Range.

THIS is an exact picture of a Charter Oak steel, asbestos-lined range, which has six No. 8 eyes. an oven 18 inches wide, 18 inches deep and 14 inches high. The top is in three interchangeable sections, you can use one section a week, directly over the fire, then another, thereby preventing the slighest chance of ever having an uneven or warped top. This range also has a duplex grate which dumps the ashes and clinkers into the ash pan, thus leaving a perfect clean grate to start the fire upon. This range can't be duplicated under $40; our price is $27.50, put up in your kitchen, and we give you the same guarantee that any other dealer will give on a much higher priced range. The most doubtful ones are convinced when they see this handsome nickel-trimmed Charter Oak Steel Range



Charter Oak Range, $27.50

Cheapest Prices always on anything in desirable Cooking Utensils.

Peddinghaus's New
Photographic Studio

—AT—

1818 SECOND AVENUE,

Is especially adapted to
making Children's Pictures

Fried Steak with Tomato Gravy.

Beat steak thoroughly, sprinkle with salt and pepper to taste, and dredge with flour. Place on the stove a frying-pan, into which put about a tablespoonful of good sweet lard, and let it get smoking hot. Put the steak into this, and let it cook until about half done, turning once. Then take it out on to a hot dish, and put into the frying-pan a teacupful of ripe tomatoes (or canned tomatoes) which have been partially cooked; sprinkle in a little flour and a teaspoonful of sugar, and let cook a few moments. Then put your steak back into the frying-pan and cook till done, adding a little more salt and pepper and a tablespoonful of chopped pickle, or lemon juice, or vinegar; if the gravy is too thick, add a little water. Onions cut fine may be used in the same way.

Chicken Coquilles.

Chop meat of one chicken and one medium sized can of mushrooms. Mix one tablespoon of flour with two of butter; while stirring add a glass of milk, a little salt, red pepper and chopped parsley; add chicken and mushrooms, turn in shells, sprinkle with bread crumbs and brown. Clam or oyster shells come all ready for use and can be secured at any first-class grocery store.—Mrs. R. L. Crook.

ASK YOUR GROCER FOR

Jim Dandy Meal,

Jim Dandy Grits.

THE
BEST
MADE.

Western Grain Company

Don't console yourself that you are using the best if you are not using this flour. The others know about it. Don't say you can't afford it. You can. Values are relative . . . .

ORRIS FLOUR

The name chosen to signify in flour what the perfume of the Orris root or the Orris flower typifies---the perfection of refinement and purity. If he's up-to-date---- your grocer can furnish it. Anybody's cook can get results so easily.

WE CATER TO A HIGH-CLASS TRADE IN

Dress Goods,

Wash Goods, Ready-to-Wear

Millinery, Notions.

STEELE-SMITH

1913-1915 Second Avenue, BIRMINGHAM, ALA.

Twenty Minutes Fish.

Select a medium size of salt water trout, salmon, Spanish mackerel or pompano. Split in two, and lay skin side down in a baking pan. Sprinkle with salt and pepper, and a little flour. Place bits of butter about over the fish, and pour over just enough hot water to keep from sticking to pan. Place on rack in oven and cook twenty minutes. Serve immediately with mayonnaise.—Mrs. J. B. S.

Salmon Croquettes.

One small can salmon, three good sized Irish potatoes, three or four eggs boiled hard and mashed, one small cup bread crumbs, salt and pepper to taste and a small piece of butter. Mash potatoes and pick salmon to pieces, removing skin and bones, then mix all the ingredients (the boiled eggs may be omitted if desired) shape and roll in bread crumbs and fry in hot lard; serve cold with hot tomato sauce. Chicken, veal, ham, may be used instead of salmon.—Mrs. W. K. S.

SOUTHERN ART GLASS CO. Art Glass, Beveled and Mitred Plate Glass, Mirrors, Etc. A. E. LEWIS, Manager. Both Phones 1359.

Jefferson Milling Company

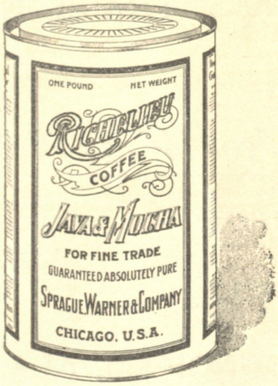
USE

Snow Flake Meal

OLD TIME MEAL,

AND

FANCY PEARL GRITS.


ONE POUND
NET WEIGHT
RICHELIEU
COFFEE
JAVA & MOCHA
FOR FINE TRADE
GUARANTEED ABSOLUTELY PURE
SPRAGUE WARNER & COMPANY
CHICAGO, U.S.A.

IN EVERYBODY'S MOUTH

Richelieu Roasted
Coffees.

ABSOLUTELY THE FINEST PRODUCED.

Scientifically Blended *Carefully Roasted*

Every Berry is Perfect in all its Goodness and Purity..... It is as near the Perfection Point as perfection can be.. The Aroma of Richelieu Coffee is Delicious................

☞ *Insist upon Richelieu Coffees, in Cartoons or Cans.*

HAL. J. COPELAND,
Sole Agent.

BOTH PHONES 12.

Ready for Business

OUR new switchboard will be completed and in service in a few days. The many improvements will enable us to render our patrons better telephone service than before.

We beg to thank our subscribers for their support and patronage. Nearly all of them have patiently waited until we were in shape to serve them again. Respectfully,

Peoples Home Telephone Company

219 N. Eighteenth Street

KINNEY GROCERY CO.

— HEADQUARTERS FOR —

Fancy Groceries, Choice Western Meats, Missouri Chickens and Eggs.

PROMPT DELIVERY. *GIVE US A TRIAL.*

Cor. 27th St. and Ave. F. - - Both Phones 311.

Pressed Chicken.

Quarter a fowl and simmer until tender; remove all skin and bone and cut fine; to the liquor, freed of all fat and boiled down until only one cup rematns, add ¼ box of granulated gelatine, soaked in one cup of cold water. Heat and dissolve. Season with salt and pepper and two tablespoons of Worcester sauce. Add a little celery, either seed or fresh, chopped fine. Pour over the liquor, with a little butter if needed. Place in cold place. After it hardens turn out on platter and serve in thin slices.

Creamed Brains.

Clean and boil two sets of brains in salted water until done. When cold, cut into dice and prepare as follows: Cut in small pieces two slices of breakfast bacon, fry untill all grease is drawn, then put the brains into the hot mixture while the cream sauce is prepared. 1½ cup sweet milk, salt, pepper, sprig of parsley. When the milk boils, stir in two tablespoonfuls of butter and two of flour, that have been well creamed together. Pour the brains into this when it has thickened and serve on squares of hot toast.—Ella Simpson.

Bell Phone 504. **Peoples' Phone 403.**

Mayer Brothers

INTERIOR DECORATORS

Dealers in Wall Paper, Pictures, Frames, and Mouldings.

John C. Lumsden, Taxidermist.

Birmingham. - - Alabama.

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EVEN BAKING

Is very necessary to satisfactory results. A dish may be properly compounded from the very best ingredients and still be a failure because not properly baked.

The Born Steel Range

Is renowned for its even and perfect baking. Failure is impossible with it. We carry the best and most varied line of COOKING UTENSILS to be found. If it has merit you'll find it at our store.

S. SPIRO,

THE STOVE MAN.

E. N. CULLOM, President. JNO. H. TAYLOR, Manager.

Alabama Abstract Co.

2026 Third Avenue (Massey Building)

Land Titles Abstracted and Insured. ❧ ❧ ❧ ❧ ❧

The oldest and most reliable title company in Alabama. The only complete set of title books of Jefferson county in existense.

GUNN DRUG COMPANY

2017 2nd Avenue.

The Leading Druggists of the City.

They keep the best of everything in the drug line at lowest prices.

Prescriptions Filled With Care and Delivered Promptly.

Phone us for Anything From the Drug Store, No. 184.

Shrimp Pie.

Stew and season one, 3 lb. can tomatoes, boil 2 cups rice, pour off water and allow to steam until dry, add 2 tablespoons of butter and mix, add one can crumbled shrimp, put in pan and bake fifteen to twenty minutes. Serve with sliced hard boiled eggs.—Mrs. P. B. Matthews.

Baked Crabs.

4 oz. butter, 6 oz. bread crumbs, 3 eggs, 1 teacup milk, onions, parsley, pepper and salt to taste. Cook this and add ½ lb. can crabs. Put in shells and bake till brown.—Mrs. R. L. Crook.

Broiled Fish.

Pompano, Spanish Mackerel or Salt Water Trout. Grease your stove rack to keep from sticking. Split your fish, put skin side down on rack, and baste with butter, pepper and salt. With a good fire it will take about twenty minutes. Serve hot with slices of lemon and butter. —Mrs. G. M. B.

Our Quality Shoes

FOR WOMEN

The Kox - $3.50
Consola - - $3.00
Coxwina - $2.50
Soneeta - - $2.00
For Children, Little Wonders $1.50-$2.00

Smart Shoes

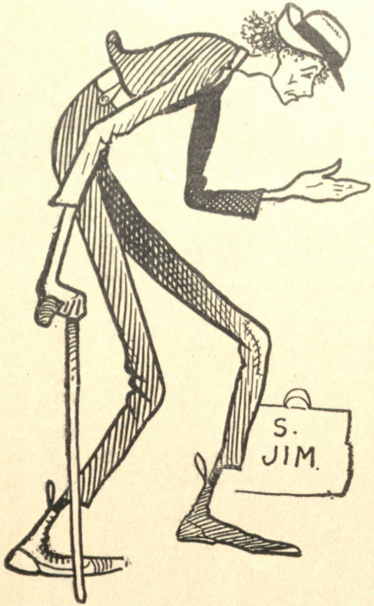
FOR EVERYBODY

We make a specialty of Shoes and Slippers for all dress and social occasions.

COX SHOE CO.,

1918 2nd Ave.

THE BENEFACTOR OF MANKIND



Slim Jim:—Oh! Dr. Bill, my health is gone, one foot is in the grave, and my days are numbered.

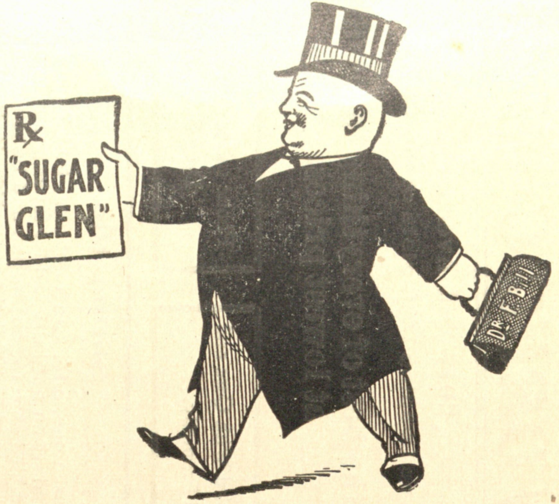
Fat Bill (Pure Food M. D.):—Tut, tut, man, I was in worse shape than thou; take *this* prescription, it will put flesh on your bones, roses in your cheeks and strength in your back-bone.

Slim Jim:—Bless you Dr. Bill for those encouraging words; I shall eat *Sugar Glen*, and forever call it blessed, and all the people of the earth shall get fat on it too.

Sugar Glen

Is the pure sugar house molasses, carefully made from the famous Louisiana sugar cane. It is delicious, nutritious and the most healthful food on the market.

Sold In 25, 40 and 75 cent cans.



Ask Your Grocer For Sugar Glen.

Also "Louisiana Beauty," a popular priced table and cooking molasses.

C. E. COE, CANNER, Memphis. **J. E. MOODY, MGR., 2109 Morris Ave.**

ADAMS DRUG STORE

Cor. 2nd Ave. and 19th St.

When you want the best come to us. We carry all kinds of

SPICES, EXTRACTS AND SALAD OILS

OPEN ALL NIGHT. - PHONE US.

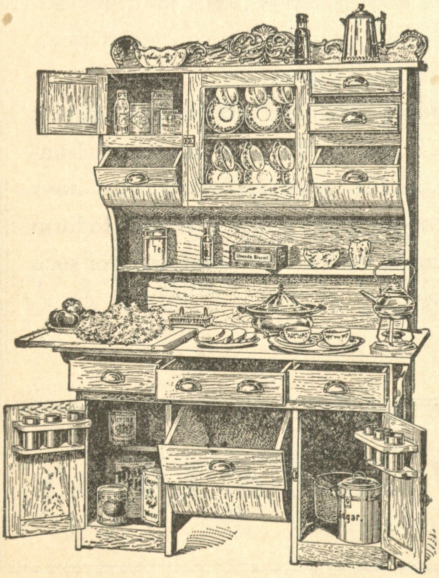
ADAMS DRUG CO.

Brain Balls or Croquettes.

Take set of calf brains and scald for ten minutes, then remove skin and veins, beat with the yolks of two or three eggs, teaspoonful of chopped sage. 1 of chopped parsley, a teacup of bread crumbs and 3 teaspoonfulls of flour, salt and pepper to taste. Fry in balls.—Mrs. W. K. McAdory.

Oyster Cocktail.

Place 6 oysters in a glass, add salt and pepper, pour over teaspoonful lemon juice, teaspoonful Worcester sauce, teaspoonful of tomato catsup and one drop of Tobasco sauce.—E. P. S.



KITCHEN CABINET $6.50.

B. H. Cooper

FURNITURE

Cor. 2d Ave. and 21st St.

NOTE BELOW AND READ:

No place in Birmingham gives its customers more attention than we do. Favor us with part of your trade, it will be appreciated and we guarantee to save and furnish the quality and quantity for less money than our competitors.

Fine collection of goods at the corner 2nd Ave. and 21st St.

B. H. Cooper

...THE WRONG CUT USED...

The $6.50 Cabinet is exceptionally good value.

Loveman, Joseph & Loeb | Loveman, Joseph & Loeb | Loveman, Joseph & Loeb

To Make a
Really High-Class

Department Store

TAKE unlimited capital, business acumen, progressive spirit, and the proper location and store facilities---mix them up thoroughly and when the time is ripe, add four floors of active stocks, the best store service, a host of competent employees and innumerable phases of up-to-date merchandising. When the leaven has been properly worked and the propitious moment arrives, serve with judicious advertising, with the most liberal store policy, courteous treatment for customers and unstinted diplomacy.

Keep stirring and adding new and interesting features and ideas for twenty-four hours in the day and three hundred and sixty-five days in the year; and after you have been doing all this for a score of years you will be able to form some idea of the completeness, vastness and usefulness of such a great department store as

Loveman, Joseph & Loeb's

THE BEST EATING

Fox Sons & Smith Co.,

GROCERS.

Corner 4th Avenue and 19th Street.

Chicken or Veal Cutlets.

3 cups of meat chopped as for salad, salt, pepper to taste and 3 drops of onion juice.

Sauce.

1 tablespoon of butter, 2 of flour, 1 cup milk, salt and pepper to taste. Place milk on stove in double boiler, let get smoking hot, add the flour and butter which should be rubbed together. Cook till thick, stirring all the time. Set aside till perfectly cold, on ice is best. Mix meat and sauce well. Form into cutlet shape with the hands or with a mold. Have a loaf of light bread grated into crumbs, dip cutlet in the crumbs, then in eggs and again in crumbs, making as many crumbs stick on as possible. They are nicer if allowed to stand till the crumbs dry and form a crust. Fry quickly in hot lard to a nice brown and serve.—Mrs. Sam Perry, Jr.

Roll your sausages in flour before frying. Prevents breaking and improves flavor.

A good remedy for a burn is dry cooking soda applied to blister.

W. T. WATERS, Proprietor,

WATERS' 19th STREET MARKET

—DEALER IN—

Beef, Pork, Mutton, Veal, Sausage, Ham, Bacon, Poultry and Wild Game in Season.

Pure Pork Sausage a Specialty.

Both Phones 731. **308 N. 19th Street.**

USED EVERYWHERE

The Most Delightful Coffee in the World.

A and P MOCHA and JAVA COFFEE.

35 cents per pound. 3 pounds for $1.00.

FINE TEAS

We carry a full Line of Fine Formosa, Gun Powder, English Breakfast, Ceylon, Young Hyson, Mixed Orange Pekoe, Japans and the famous THEA-NECTAR.

PHONES
505

The Great
Atlantic and Pacific
Tea Company.

1919
SECOND
AVENUE

A TELEPHONE CALL WILL RECEIVE PROMPT ATTENTION.

Read

The Birmingham News

Published every afternoon except Sunday.

It prints all the news that's fit to print, while it is news and the bloom is on it.

Keep in touch with your neighbors---more of them read the Birmingham News than any other newspaper.

SUBSCRIPTION PRICE:—$5.00 PER ANNUM, $2.50 FOR SIX MONTHS, $1.50 FOR THREE MONTHS, 50 CENTS PER MONTH, 10 CENTS A WEEK.

W. O. MERRILL, MANAGER.
RESIDENCE PHONE
BELL NO. 12, EAST LAKE.

JONCE L. GARDNER, SEC'Y-TREAS.
RESIDENCE PHONE
BELL NO. 3146, BIRMINGHAM.

Monarch Plumbing, Steam Heating & Supply Company.

We furnish material and install all kinds of

Plumbing, Steam Heating, Hot Water, Sanitary Work, Gas Fittings, Etc.

Prompt Service and First-Class Workmanship.

OFFICE AND SALESROOM:
409 NORTH NINETEENTH STREET.

BELL TELEPHONE 1433.
PEOPLES TELEPHONE.

Macaroni and Oysters.

Boil the macaroni till tender, put in a baking-dish a layer of oysters and 1 of macaroni, and strew top with grated cheese. Continue to fill the dish in same way, leaving a layer of cheese on top. Bake a light brown.

Beef Loaf.

1 lb. of round steak ground or chopped fine, 1 large teacup of bread crumbs, 1 egg beaten, salt and pepper to taste. Work all together till well mixed, form into a loaf, place in a baking-pan and rub butter or good sweet lard over it, then pour a large cup of canned tomatoes over it; it is nicer if the tomatoes have been strained. Bake three quarters of an hour, basting often. Serve cold. This makes a small loaf; if a larger is desired, it is nicer if about one fourth of meat is pork, observing the above proportion of ingredients.—Mrs. J. B. S.

SOUTHERN ART GLASS CO. Art Glass, Beveled and Mitred Plate Glass, Mirrors, Etc. A. E. LEWIS, Manager. Both Phones 1359.

"The Best Way"

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We will be glad to call for and deliver your Prescriptions.

HIGHLAND PHARMACY
FIVE POINTS.

Creamed Oysters.

1 pt. oysters, 1 qt. sweet milk. salt, pepper, parsley and celery to taste, 1 tablespoon of butter, 2 tablespoons of flour made into a thick paste, and add to boiling milk and liquor. Last add oysters, which should be very warm before putting into liquor.—Mrs. R. L. C.

Escalloped Oysters.

Grease a baking dish and place a layer of cracker crumbs on this, a layer of oysters, season with pepper, salt and bits of butter. Continue this until the dish is full, then pour one cupful of oyster-liquor, and cover all with sweet milk. Bake slowly until brown, serve very hot.—Ella Simpson.

Oyster Croquettes.

Scald oysters, after chopping fine add equal amount of boiled mashed Irish potatoes (that have been rubbed through a collander,) add salt, pepper, butter and bread crumbs. Fry in deep hot lard.—Mrs. R. L. C.

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United States Depositary

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SALADS.

Banana Salad.

Select small perfect bananas. Peel and roll first in mayonnaise dressing, then in chopped nuts and serve on a lettuce leaf This is pretty as well as good.—Mrs. J. W. Richardson.

Cucumber Salad.

Cut cucumbers in two lengthwise, scoop out the inside, mix this with salt, pepper and vinegar to taste. Soak ¼ box gelatine in just enough water to cover ten minutes, then place on a stove to melt When melted, allow to cool, add to the cucumber mixture and strain, color green with pistachio or fruit coloring. Fill cucumber shslls and set in cool place to harden.—Mrs. J. T. Harwell.

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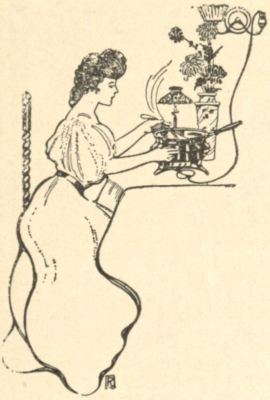

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McCLARY-JEMISON COMPANY

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Chicken Salad.

Cut up 1 chicken after it has been boiled and 2 bunches of celery. 1 pt. cream, ½ cup vinegar, 3 eggs, 1 teaspoonful salt, 1 teaspoonful sugar, heaping teaspoonful mustard. Scald cream and vinegar separately, let cool, dissolve salt, sugar and mustard in a little of the vinegar, put all back on stove in double boiler and cook till thick like custard. When cold stir in the chicken and celery.—Mrs. G. M. Bowers.

Tomato Jelly.

Simmer 1 can of tomatoes, ½ cup water, sugar, salt, pepper and celery seed to taste, and tablespoonful of minced onion for one half hour. Moisten ¾ of a box of gelatine with ½ cup cold water and pour the strained tomato over it, strain again and mold. Serve very cold on lettuce leaves with a teaspoonful of mayonnaise on each mould.—Ella Simpson.

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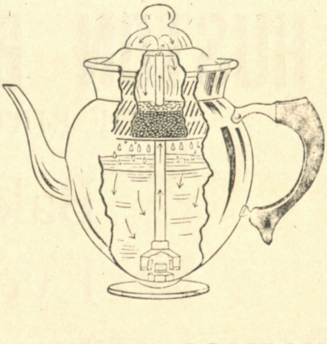

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EITHER PHONE 421.

Waldorf Salad.

2 cups tart apples, diced, 2 cups celery diced, 1 cup English walnuts, cut fine, mix and pour over all mayonnaise dressing. Serve cold on lettuce leaves.

Potato Salad.

8 cold boiled potatoes, 1 good bunch of celery cut in dice.

Dressing.

2 eggs whipped with 1 heaping tablespoon sugar, 2 level tablespoons flour, with ½ teaspoonful salt, 2 tablespoons butter, ⅔ cup milk, mix all, then put ⅔ cup boiling hot vinegar to it and cook until thick. When cold pour over potatoes and celery.—Mrs. G. M. Bowers.

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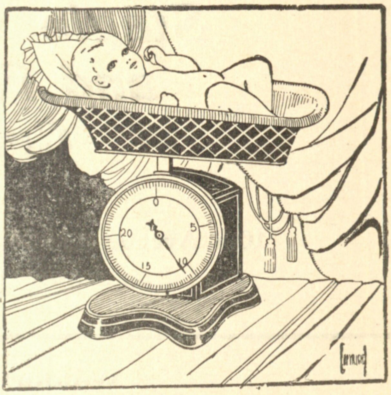

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SAUCES.

Mayonnaise Dressing.

Cream together the yolks of 3 hard boiled eggs with 1 tablespoon of butter, 1 tablespoon of dry mustard, ¾ of a cup of Durkee's salad dressing, ½ cup hot vinegar, whipped cream as much as is desired. For tartar sauce add capers to taste, a little grated onion and chopped pickle to taste.—Mrs. R. Crabbe.

SOUTHERN ART GLASS CO. Art Glass, Beveled and Mitred Plate Glass, Mirrors, Etc. A. E. LEWIS, Manager. Both Phones 1359.

Mint Sauce.

2 tablespoons of green mint, cut fine, 2 of sugar and ½ cup of vinegar.—D. C. M.

Mayonnaise Dressing.

Yolks of 4 eggs, ¼ cup sugar, teaspoonful salt, teaspoonful mustard, ½ cup sweet milk, tablespoonful butter. Place on stove, when begins to thicken add slowly ½ cup good vinegar.

Cold Ham Dressing.

Beat 2 eggs in a double boiler and a gill of vinegar and water mixed, a piece of butter the size of a walnut, a level teaspoonful of salt and 1 of sugar. Cook and stir until it becomes thick. Have cold before pouring over the ham.

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QUICK DELIVERY BOTH PHONES 1185

Baked Eggs.

Beat eggs stiff and place in individual dishes. make hole in center of whites and drop in a yolk, season with salt, pepper and butter, place in oven and bake about two minutes.—Mrs W. J. Montgomery.

Ham and Eggs.

1 cup full of ground ham and 4 eggs. Beat eggs very light, add ham, salt and pepper and scramble. This is a very nice way to use the last of boiled ham.—Mrs. R. L. C.

Steamed Eggs.

Place eggs in a pan or boiler. Pour over them enough *boiling* water to cover well. Set on back of stove where there is just enough heat to keep them hot, but not boil. Let stand five minutes for soft, longer if desired hard. There is a richness about eggs cooked this way that is lacking in those boiled the old way.—Mrs. J. B. S.

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Will Appreciate Your Patronage
PROMPT DELIVERY

BELL PHONE 743 PEOPLES PHONE 1830

Shirred Eggs.

Have enough milk to almost cover the number of eggs to be cooked. Season with salt, pepper and butter to taste. Break eggs into cold milk without breaking fhe yelks, and set in oven till milk comes to a boil. Serve immediately.

Eggs Newport Style.

1 cup of bread or cracker crumbs soaked in 1 cup of sweet milk. Beat 4 eggs very light and stir with soaked crumbs, beating five minutes, Have ready a sauce pan in which is one table spoonful of butter, hot, but not scorching, pour in mixture, season with pepper and salt and scramble.- Mrs. J. B. Simpson.

Egg Omelette.

3 eggs beaten well (separately) add to the yolks 1 teaspoonful flour, and 1 level teaspoonful baking powder, salt and pepper, aud 1 cup of sweet milk. Have frying pan hot with lump of butter. Let cook on top of stove until bottom is brown, then put inside, at the top until brown. Serve immediately.—Mrs. G. M. B.

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We have received an elegant assortment of new Trunks and Bags

LOOK over your possessions in this line, and if there is a shortage, look over our stock. You'll find that every article is well made and practically indestructable. OUR GUARANTEE goes with every article. This week is your last chance to buy a trunk or bag at wholesele prices. Give us a call. *REPAIRING A SPECIALTY*

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Stuffed and Breaded Eggs.

Cut 6 hard boiled eggs in two lengthwise and remove the yolks. Mash them fine with one teaspoonful of soft butter and season well, using a little minced ham if convenient. Fill the whites and press together evenly, skewer with tooth picks, bread them and fry in hot fat and serve with plain or cream sauce.—Miss Minnie Wright.

Luncheon Eggs.

For six persons prepare a cream sauce with one tablespoonful of butter, 1 of corn starch and ¾ cup of milk, add to this a third of a cup of grated cheese, seasoning with salt and pepper. Pour half of the sauce in a well buttered, shallow baking dish, and break over this 5 or 6 eggs, covering with balance of sauce. Sprinkle top with cheese and bake quickly till eggs are set. Garnish with quarters of tomatoes and serve very hot.—Miss Minnie Wright.

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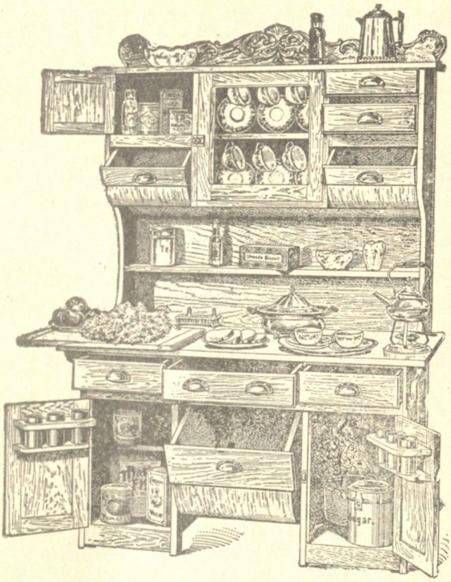

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Both Phones.

Spanish Omelette.

Beat 4 eggs together until well mixed and add 4 tablespoonfulls of warm water, a little salt and pepper. Pour into a hot, well buttered omelette pan and run a spatula under it occasionally while cooking until all is of a creamy consistency. Fold over and brown quickly. Turn out on a hot platter and surround with sauce. Sauce: Melt a tablespoonful of butter and add a tablespoonful of minced onion, and one or two chopped green peppers. Cook slowly five minutes, add pulp from one can of tomatoes and cool fifteen minutes. Season highly and serve very hot.

Salt Rising Bread.

1 pint sweet milk, 1 tablespoonful of sugar, 1 teaspoonful of salt, lard size of egg. 1½ quarts of flour. Scald milk, when cool, add enough corn meal to make a stiff mass. Put in a quart fruit jar, cover and let stand over night in warm place. If not foamy-looking in the morning, place in a warm oven, or set in warm water till it is foamy. Then add sugar, salt, lard and flour. Knead until smooth. Set in warm place and let it stand till light. Knead again and put into pans to bake. Let rise an hour, and bake from three-fourths to an hour in moderate oven.—Mrs. Belle Wells.

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Parker House Rolls.

Add 3 tablespoonfuls of butter, 2 of sugar and 1 teaspoonful of salt to 2 cups of scalded sweet milk; when luke warm add 1 yeast cake dissolved in one fourth cup of luke warm water and 3 cups of flour. Beat thoroughly, cover and let rise till light, stir and add 2½ cups of flour, this makes it stiff enough to knead. Let rise again, toss on board slightly floured, knead, chop with knife, roll out to one third inch thickness. Shape with circular biscuit cutter, first dipped in flour. Dip the smoothe handle of a case knife in flour and with it make a deep crease across the middle of each piece. Brush over one half with melted butter, fold and press edges together. Place in pan 1 inch apart, cover, let rise hour and bake in a hot oven from twelve to fifteen minutes.—Mrs. J. B. S.

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Pin Wheel Biscuit.

Roll Parker House Roll mixture in a long strip ¼ inch thick. Brush over with melted butter, and sprinkle with sugar, cinnamon and currants. Roll like a jelly roll and cut in pieces 1 inch in thickness. Place pieces in a greased pan, flat side down, cover, let rise 1 hour and bake in a hot oven.—Mrs. J. B. S.

Light Rolls for Lunch.

One half yeast cake dissolved in a little warm water, 6 cups of flour, 1 tablespoonful of butter or lard, 1 teaspoonful of salt, 1 tablespoonful of sugar, 1 cup boiling water and one cnp cold milk. Put this in a warm place for three hours to rise. Work this over, cut out rolls and brush them over with melted butter and let rise 1 hour, then cook in quick oven about two minutes.—Mrs. Chas. Perry.

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W. D. GUNN,

MANAGER AND PROPRIETOR.

Coffee Cake.

For 1 yeast cake, take 2 quarts of flour, 1 cup butter, 1 cup of sugar, Sweet milk to make stiff dough, make up at night, in morning roll out and put in a greased pan to rise 1 hour. Sprinkle with cinnamon and sugar on top and bake.—Mrs. J. T. P.

Brown Bread.

1 pint corn meal, 1 pint graham flour, 1 pint thick butter milk, ¾ cup molasses, 1 teaspoonful salt, 1 teaspoonful soda. Mix all the dry ingredients and molasses, use two coffee or baking powder cans, grease well and fill half full of the mixture, place in a pot of boiling water and keep constantly boiling for three hours. Take cans out and remove tops, place in a modeeate oven for half an hour to dry out and brown. If tins are very thin place in a pan of hot water. Be sure to keep cans and pot well covered while boiling.—Mrs. Geo. Blinn, Jr.

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Carriage Trimmings**

☞ SIGN OF BLACK HORSE

1811 SECOND AVE.

Spoon Bread.

Scald ½ pint meal with water, enough to make stiff batter, add teaspoonful of lard, teaspoonful of salt, 1 egg, dissolve ½ teaspoonful soda in two cups buttermilk, making a thin batter. Pour in hot greased pan and bake moderately slow and serve in pan.—Mrs. J. B. R.

Muffins.

1½ cups meal, 1 egg, 1 pinch of soda, or more if milk is very sour. One teaspoonful of hot lard and a little salt. Stir just enough to mix and cook immediately and in a quick oven. Serve at once.—Mrs. J. B. R.

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Phones 153

Buttermilk Biscuit.

Put 1 pint of flour into sifter, add ⅓ teaspoonful salt, ¼ teaspoonful of baking powder and a very scant half teaspoonful of soda, after sifting, take a scant tablespoonful of lard and place in center of heap of flour, work a little of flour into lard with fingers, then pour on a little buttermilk at a time, work in well until a soft dough is formed, leaving a ring of flour arounk tray; knead smoothe, using last of flour. Sprinkle board with flour well till ⅓ inch thick, cut out, place in baker, prick a time or two with a fork and bake in moderately hot even on bottom, when well risen place on rack to brown on top. Serve at once.—Mrs. J. B. S.

Cheese Puffs.

2 eggs, well beaten, ¾ cup of flour, scant cup of milk, ½ cup grated cheese, 1 teaspoonful of baking powder, season to taste with salt. Drop spoonful at a time into hot lard and fry brown. Take up in brown paper, or in collender, to drain. Serve hot.—Mrs. J. T. P.

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It is no exaggeration to say that thousands of women are murdered annually by surgeons, animated by avarice and ambition—a lust for money and a thirst for notoriety. To fill these measures of their craving, many, indeed, are the victims who suffer the agonies of unnecessary butchery, and mutilation, too many of whom, alas, go to untimely graves and their voice of warning and protest are forever hushed in the stillness of the tomb, whilst those whose inexcusable work consigned them there continue to swell with gold their plethoric pockets, and to boast of their manifold deeds in heroic operations.

Surgery of today seems to have run mad, and everything affecting women is deemed a proper excuse for employing the knife, "ulceration of the ovaries," "floating kidneys," "appendicitis." These and other terrifying bugaboos are manufactured out of just any kind of dangerless symptoms and usually suffice as the most ready inducements for women to submit themselves as sacrificial offerings to the greed and ambition of conscienceless quacks and would-be surgeons. Now we do not wish to be understood as deprecating surgery or in the least minimizing its vast importance as a measure and means of value when legitimately practiced for the good of those who can be benefitted by its employment. Neither do we desire it to be presumed that we deprecate or condemn the honest and capable surgeons who are faithful and honest to their unfortunate patients, but we do say, and with all the emphasis of conscientious duty to the women of our community, that there is entirely too much reckless and unnecessary cutting being done; we know this as a fact from various sources of information, but know it best from the almost daily experience we have of patients coming to us after being advised by other doctors and urged by them to submit to a surgical operation as the sole and only means of staying life and securing health, but whom we find in a great number of instances as only sufferers with some form of functional disorder, which readily yields to milder methods which we employ.

We, therefore, warn all women to guard against being too easily influenced into subjecting themselves to the knife and scissors of the surgeon, and invite all ladies afflicted with any character of female diseases or disorder to come and consult us free, and to investigate our improved methods of effecting cures without cutting or danger of killing our patients.

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Stuffed Tomatoes.

6 firm, medium sized, ripe tomatoes, wash and cut a slice from stem and scoop out seed and pulp without breaking shells, chop seed and pulp fine, add 1½ cups cracker crumbs, one small sized can deviled (not potted) ham, or any cold meat convenient, chopped fine. Season mixture highly with salt, pepper and celery seed, add tablespoonful butter (melted). Fill tomato shells, grate little dry cracker crumb over top of each, add small lump of butter; put in oven and bake twenty minutes. Serve very hot.—E. P. Simpson.

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Escalloped Potatoes.

Slice fine medium sized Irish potatoes thin, cover over the bottom of pudding dish which has been greased, with sliced potatoes, sprinkle with a little salt, pepper and flour and bits of butter, another layer of potatoes, pepper, salt, flour and butter, continue till dish is two-thirds full, cover with good rich, sweet milk and bake in a moderate oven one hour and a quarter.

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2 cups molasses, 1 cup sugar, 1 cup butter, 1 cup sweet milk, 4 eggs, 2 tablespoonfuls ginger, 2 teaspoonfuls allspice, 1 teaspoon cloves, 4 heaping cups sifted flour. 3 teaspoonful baking power. Cream butter and sugar, add molasses. Beat the eggs very light without separating. After adding to beaten sugar and butter, pour milk into the vessel used for eggs, so as to rinse off all the egg, then add to other ingredients. Add flour, and bake in a shallow pan or biscuit pan. This is nice baked in muffin pans. The oven should be only moderately hot, and if biscuit pan is used it is best to place a tin pie pan under it to prevent burning on bottom. One half cup of sweet lard may be used instead of butter, add a little salt.

Potato Croquettes.

Mix well 1 pint hot mashed potatoes with 1 tablespoonful of butter ½ teaspoonful salt, a little onion juice and pepper, and 1 teaspoonful minced parsley. Then add 1 beaten egg yolk, cool slightly, shape, bread them and fry in hot fat.—Miss Wright.

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Bake good size Irish potatoes till perfectly done, cut half into lengthwise, scrape out inside without breaking skin, mash smooth, season with salt and pepper, lump of butter and just enough milk so they can be beaten to a cream. Fill skins, grate a little cheese over top of each, place in pan and set in oven to brown, serve hot.—Mrs. Stevens.

Angel Food.

1 cup flour, 1½ cups white sugar, (if granulated roll as fine as possible with biscuit roller) whites of eleven eggs, one teaspoonful cream of tartar, a little pinch of salt, 1 teaspoonful of Doster-Northington's extract of vanilla, sift flour, add cream of tartar, sift four times with salt added, beat eggs very stiff, add gradually the sugar, then the flour, and 2 teaspoonfuls of the vanilla. Put into oven immediately and do not open door for fifteen minutes. Have very slow oven and bake fifty minutes.—Mrs. Dr. L A. Crumley.

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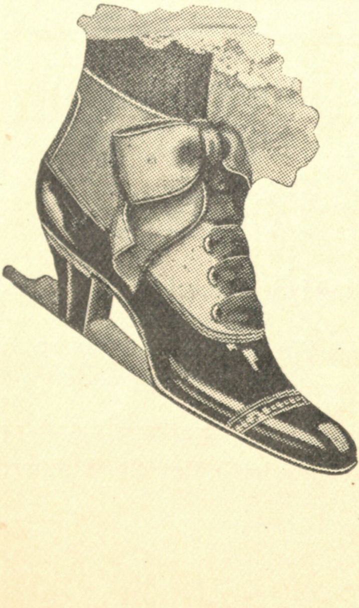

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White Cake.

10 eggs, 3 cups of sugar, 1 cup creamed butter, 2 cups sweet milk, 5 cups flour well sifted, 2 heaping teaspoonfuls baking powder. Flavor with Doster-Northington's extract of lemon or vanilla.—Mrs. W. J. Scruggs.

Gold and Silver Cake.

The whites of 14 eggs beaten well, 1 pound of flour, 1 pound of sugar, ½ pound butter, 1 teaspoonful soda, 2 of cream of tartar, 1 cup of sweet milk, flavor with Doster-Northington's extract of lemon and mix well. This will make a large nice silver cake. For the gold cake use the yolks and the same quantity of ingredients as in the silver cake.—Mrs. Dr. Chas. H. Jernigan.

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Chocolate Cake.

4 eggs beaten separately, 2 cups sugar, ½ cup butter, 2 cups flour, 1 teaspoonful baking powder sifted in flour, ½ cup chocolate, melted in ½ cup sweet milk, let cool, beat eggs, sugar and butter well together, add flour, milk and chocolate and whites of eggs beaten stiff. Bake in two thick layers and put together with either white or chocolate icing.—Mrs. J. T. P.

Cream Filling.

1 pint of sweet milk, 1 cup of sugar, ½ cup flour, 2 eggs, lump of butter size of an egg, and pinch of salt, flavor to taste. Put milk on to heat, beat sugar and eggs till light, add flour, wet with a little cold milk, add the hot milk and cook till thick. Remove from fire, add butter and beat smooth aud flavor to taste with Doster-Northington's lemon.

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Dough Nuts.

½ tablespoonful of butter, small cup of sugar, 2 eggs, 2 cups of flour, 1 heaping teaspoonful baking powder, pinch of salt, ½ cup of sweet milk, ½ nutmeg, roll out and fry in hot fat.—Mrs. W. J. Montgomery.

Crullers.

2 big cups sugar, 1 cup of milk, 6 cups flour, 3 eggs, 1 heaping tablespoonful butter, 3 teaspoonfuls baking powder, ½ nutmeg (if desired), 1 teaspoonful cinnamon, beat eggs, sugar and butter together, add milk, spice and flour, put another cup of flour on the moulding board, then dough on it, and knead until stiff enough to roll ¼ inch thick, let stand awhile after cutting (two or three hours is not too long). Drop into boiling lard; sprinkle with sugar while hot, half of this makes enough for small family.—Mrs. J. B. Robinson.

Sweet Wafers.

3 eggs, 1 pint flour, 1 cup sugar, 1 tablespoonful butter, bake on wafer irons, roll and sprinkle with sugar, if it spreads on irons add a little more flour. This makes 25.—Mrs. J. T. P.

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Plum Pudding.

4 cups chopped bread crumbs, 1 cup beef suet chopped, half cup sweet milk, 1 teaspoonful of soda dissolved in same, 1 egg, 1 cup of molasses, 1 cup of raisins, ½ cup of currants, 1 teaspoonful cinnamon, 1 pinch of salt, boil three hours, serve both with hard or liquid sauce.—Mrs. Bowers.

Bananas.

Peel and slice end ways, and place a layer of bananas on bottom of bowl, sprinkle a little sugar, and squeeze a little lemon juice over them, another layer of bananas, sugar and lemon juice, till dish is full, or a sufficient quantity to serve the desired number of people. Prepare not longer than one hour before serving and set in cool place.

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3 eggs beaten saparately, 1¼ cups sugar beaten with yolks; add one pint of cream and one quart of milk, beat the whites stiff and mix altogether, mixing thoroughly, flavor with one table spoonful of vanilla, this makes one gallon of cream. Any kind of fruit cut up fine, or mashed through a seive may be added to this to make a fruit cream.—Mrs. J. B. S.

Bisque Ice Cream.

Dissolve ½ box of gelatine in little water, put on back of stove until melted, 1 quart milk and 1 quart very thick cream, no cooking, sweeten to taste (1½ cup sugar), flavor, when half frozen add beaten whites of 4 eggs with 4 level table spoonfuls sugar.

Lemon Cream.

½ box gelatine; 2 quarts milk, 3½ cups sugar, 4 lemons, ½ pint of boiling water poured over the lemons (after juice has been squeezed out.) Soak gelatine in a little water and add to the milk and sugar. Put this in freezer, add juice of lemons and water from the peels through a strainer.—Mrs. G. M. B.

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Lemon Ice.

Be sure to pack your freezer in salt and ice, and let stand till well frosted before putting in the ingredients, 1 pint sugar, 2 lemons, 1 pint of cream and 1 pint of milk, squeeze the juice of lemons over the sugar, cut the rind of lemon into very small pieces and mix with sugar and juice. Put in freezer until very cold, then add milk and cream and freeze at once. This makes three pints of smooth delightful cream.—Mrs. W. J. Montgomery.

Cheese Balls.

To 1 cup of grated cheese add ¼ teaspoonful salt, speck of paprika, and a few drops of Brand's sauce, beat whites of two eggs stiff, and add enough of this to moisten cheese, make into balls, roll in bread crumbs, and fry in hot cottolene. Serve hot in a nest of curley lettuce.—Mrs. J. T. Harwell.

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Clothes called for and delivered. Repairing a Specialty. Ladies Skirts, Dresses, Cloaks, Coats cleaned.

WHEN buying Wedding Presents, pieces for card parties, etc., don't forget to visit us. We carry a big line of

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Our goods are up-to-date and our popular prices as usual are very reasonable.

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Death to Microbes

Have your rugs and carpets cleaned by experts.

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ECONOMY RUG CO.

1706 1st Avenue.

Peanut Sandwiches.

1 quart of fresh roasted peanuts, chopped fine, mix with a thick mayonnaise, and butter thin slices of bread with it. Cut the bread out in round pieces with sharp biscuit cutter and place two slices together.—E. P. Simpson.

Orange Gelatine.

One package gelatine dissolved in one cup cold water. Add juice of six oranges and two lemons, and one cup of sugar. Add one quart boiling water and strain.

Caromel Gelatine.

Melt 1 cup sugar in a frying pan, add 1 cup boiling water, let it cook for a few minutes, then add ½ box gelatine dissolved in 1 cup of water. Set aside to cool when it begins to thicken add beaten whites of 4 eggs, beat stiff. Serve with custard made with yolks and milk.—MRS. G. M. B.

Bell Phone 963
Peoples Phone 961

Residence Phone
Peoples 1286

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401 Jefferson County Bank Bldg.

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M. Brillat-Savarin says: "Those who make constant use of chocolate are the ones who enjoy the most steady health, and are the least subject to a multitude of little ailments which destroy the comfort of life."

A new and handsomely illustrated Recipe Book sent free.

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We solicit your patronage.

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"The Quality Grocers"

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NAUVOO,
GAS LIGHT,
ANNIE MAE

J. B. FRANCIS & SON
PROPRIETORS

Powell Avenue and 24th Street
BOTH PHONES 2170

Chocolate Pudding.

One pint sweet milk, two table spoons of chocolate, half cup sugar, two table spoons of corn starch Let milk come to a boil, having put the chocolate and sugar in while milk is cold. Moisten the starch with a little cold milk and add to the boiling milk. Stir. and cook until thick. Serve cold with cream sweetened and flavored with vanilla.—Kate Simpson.

Cranberry Pie.

One cup cranberries, half cup raisins seeded, one cup sugar, half cup cold water, one table spoon of flour. Boil till cranberries can be mashed with a spoon, remove from fire, add one teaspoonfull of vanilla and bake with top and bottom crust in brisk oven. This makes one pie and is most excellent.—Mrs. Simpson.

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We sell the best coffee sold anywhere. We want YOUR business. The above are a few of the reasons why you might find it to your interest to trade with us. We can show you more reasons if you give us a trial.

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The Only Laundry in the District Doing Work for White People Exclusively.

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Orange Pie.

Grate rind of one and use juice of two large oranges, stir with this a large cup of sugar and a heaping table spoon of flour, add to this well beaten yolks of three eggs and two table spoons full of melted butter. Use the whites for meringue, two table spoons of sugar and a few drops of vanilla, or orange juice.—Mrs. J. B. R.

Sherbert.

Boil 2 cups sugar with one cup water until a thick syrup, pour this slowly over the well beaten whites of six eggs. Make a lemonade of six or seven lemons, a pint of water and a can of grated pineapple. Strain and add to the whites. Place in freezer and when just beginning to freeze add one pint of thick cream. If too sweet add little milk.—Mrs. Simpson.

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AND REAL ESTATE CO.
224 NORTH 21ST STREET
BIRMINGHAM ALABAMA

Apricot Sherbert.

Press the contents of one can of apricots through a seive, add one quart of water and one pint of sugar. When sugar is dissolved freeze. When beginning to freeze add the white of three eggs, which have been beaten stiff, with one cup of sugar. A pint of cream may be used instead of eggs.—Mrs. Simpson.

Grape Sherbert.

2 pounds of grapes (any kind desired), 2 lemons, 1 quart of water, 1 pound of sugar. Mash grapes and let stand a while to get all the juice. Strain, add water, sugar and lemon juice. It should be quite sweet. Freeze, when nearly frozen, add a pint of rich cream.—Mrs. George Jonette.

Olive Sandwiches.

Use the olives stuffed with red pepper, chop fine and moisten just enough to spread nicely, with mayonaise dressing. Have your bread lightly buttered and very thin slices. Spread with the mixture and press two slices together.—Mrs. J. W. Richardson.

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DEALER IN
Fresh Meats of All Kinds
Stall 5, City Market
Bell Phone 645
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Special Attention Given to Orders
for Luxuries for Luncheon

Would You Like to Know How "Nigger in de Cane Patch" Syrup is Made?

Wouldn't you like to know how the various food products and compounds are made, and of what they are composed? If you did you would banish from your table the counterfeit and spurious compounds and cling to the pure and wholesome.

Investigations made by the chemists of various states and of the general government at Washington show that table syrups are among the foods that are being largely adulterated.

"Nigger in de Cane Patch"

Pure Georgia Cane Syrup

is not a city-made compound of black strap and glucose, but is a pure, unadulterated plantation product.

The sugar cane (ribbon cane) from which this syrup is made is grown on Sugar Hill Plantation, Cairo, Georgia, 100 to 150 acres per annum.

The cane is crushed, 40 to 50 tons per day, on the plantation mill. The juice is conveyed direct from the mill to large vats fitted with copper coils for steam heat; this juice is thoroughly skimmed, clarified, filtered and cleansed of all impurities, being made as clear and sparkling as spring water, and is then conveyed to steam evaporators, where it is rapidly evaporated into pure syrup of uniform color and density. This syrup is packed while boiling hot direct from the evaporator into cans and immediately sealed air tight. This process sterilizes the syrup by heat, and as the air and all ferment germs are excluded, this syrup is guaranteed to keep its new, mild, mellow flavor and aroma indefinitely.

Prof. B. B. Ross, *State Chemist of Alabama*, has analyzed this syrup and reports that it contains **54% pure crystalizable sugar.**

He says: "I would pronounce it pure, genuine cane syrup, entirely free from any adulteration or any deleterious substance."

"Nigger in de Cane Patch" is packed in cans, quarts, halves and gallons and is sold by all good grocers.

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Stall 10 Central Market, 4th Ave. and 20th Street

Coffee Ice Cream.

Make boiled custard using four eggs to every quart of milk, large tablespoon of sugar to each egg, one pint of strong coffee to a gallon of custard as flavoring.

Potato Pudding.

Two cups cooked sweet potatoes, one cup sugar, half cup butter, season to taste, with spices and bake.—Mrs. G. M. Bowers.

White Charlotte.

1 pint of cream, whites of 3 eggs, 1 cup milk, 1 cup sugat ½ teaspoonful of Doster-Northington's vanilla, ¼ box gelatine, let milk boil after taking out enough to dissolve gelatine, pour milk over gelatine, then add sugar and vanilla, when it begins to thicken add the well beaten whites and cream whipped to a froth.—Mrs. G. M. B.

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The WISEOLA COMPANY.

Have You seen the New
Cream?

CARNATION

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20 Ounce Cans
ALL FOR 10c AT YOUR GROCERS
TRY IT.

Sandwiches.

For 1 loaf of bread, take one can of potted ham and about ¼ pound of cheese, boil one egg hard and chop it fine and add to the ham with 1 tablespponful of melted butter, and a little pepper and vinegar and 1 spoonful of salad dressing, grate your cheese, add a tablespoonful of milk and a good spoonful of melted butter, put on the back of stove and stir until like cream, cream some butter and spread on bread, make two sandwiches of the ham and join them with the cheese and then cut into small sandwiches. It is better to prepare the cheese last, then it does not harden. Use bread a day old.

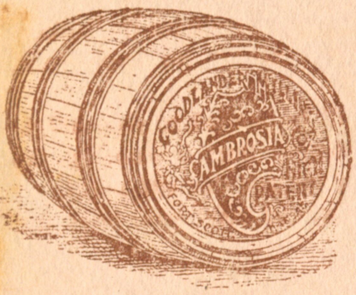
Grated Potato Pudding.

1 pint sugar, ½ pint molasses, 1 large spoon full of butter. 1 pint grated sweet potatoes, mix well and add sweet milk enough to make quite thin. Season with orange peeling beaten fine and ginger (any other spices liked) after it is well mixed, add three well beaten eggs. Bake in a very slow oven to allow it to candy over the top.—Mrs. J. B. S.

Cocoa Nut Pie.

1 grated can cocoa nut, 6 eggs, 2 cups sugar, 2 table spoons cocoa nut milk, 1 table spoon melted butter. Bake in one crust. Makes 2 pies.—Mrs. G. M. B.

This is the Flour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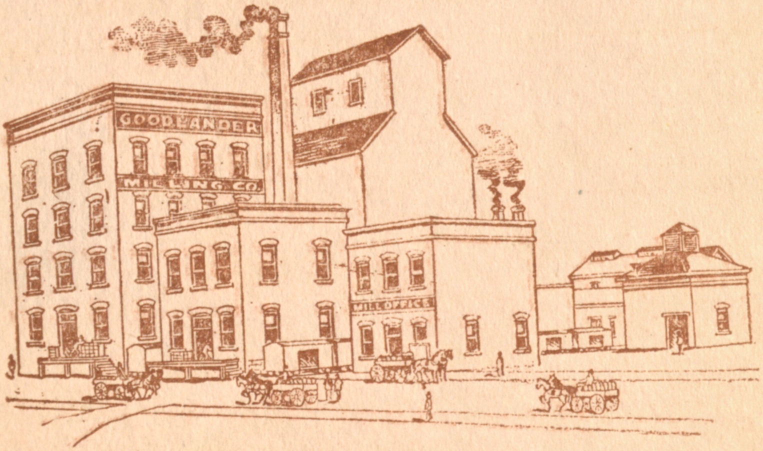
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